

Patent Application of

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for

Facial Weights for Total Facial Muscle Toning and Development

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TITLE: FACIAL WEIGHTS FOR TOTAL FACIAL MUSCLE TONING AND
DEVELOPMENT

CROSS-REFERENCE TO RELATED APPLICATIONS

U.S. Patent Documents

4,189,141	Feb. 19, 1980	Rooney
4,195,833	April 1, 1980	Svendsen
4,280,696	July 28, 1981	Roman
4,823,778	April 25, 1989	Ewing
6,406,405	June 18, 2002	Chu

FEDERALLY SPONSORED RESEARCH Not applicable

SEQUENCE LISTING OR PROGRAM Not applicable

BACKGROUND OF THE INVENTION—Field of Invention

This invention is related to facial weights of varying sizes and shapes designed for total facial muscle toning and development.

BACKGROUND OF THE INVENTION

For centuries efforts have been made to enhance and beautify our facial appearance. There have been developed thousands of creams, gels, toners, and masks with claims of reducing wrinkles and increasing skin tone. Exercise gadgets as well have been designed with the promise of improving ones' appearance. There is cosmetic surgery to remove excessive sagging skin and give the face a tighter more youthful look. This has been favored by the public perhaps because of its immediate observable change. Unfortunately this procedure is costly and leaves the individual with permanent scars . Gadgets and specifically designed facial instruments have been patented for the purpose of facial muscle strengthening, toning, and development. These, however, have not gained popularity for one reason or another. Mainly for the lack of quick results, hassle of assembling the gadgets, public awareness of their availability, or cost factors. US Pat #4,823,778 to Ewing describes a method of exercising facial muscles by first applying a stiffener to the surface of the skin and attaching weights to the stiffener. The weights are metal discs, the size of a penny arranged in a row. They are encased in thin cardboard plates which are taped together. The individual is to contract facial muscles a predetermined number of times against resistance of this cardboard encased metal discs.

US Pat #6,406,405 to Chu describes a facial muscle exercise device that one places in the mouth with part of the device extending out of the mouth and weighted by steel discs. The gravitational force of the weights put pressure on the part that is held inside the mouth causing one to contract the cheek muscles against this resistance. This contraction will tone specific muscles of the face.

In US Pat # 4,189,141, Rooney devised an exercise mask which is convexed and with holes cut out for the eyes, nose, and mouth. It has sewn-in pockets on the underside where lead weights are arranged at specific points. The mask is held in place by head and chin straps. The individual straps on the mask and contracts facial muscles against the resistance of the weights inside the pockets. A plastic liner in between the mask and the face is required to maintain the stretch cloth material clean.

US Pat #4,280,696 to Ramon describes an exercise apparatus consisting of a pair of flat spring arms which are pivotally connected to each other. The individual places this device in between their upper and lower teeth and attempts to squeeze the arms of the device together by pressing

the upper and lower teeth together. Squeezing the arms of the device in between the teeth will cause the jaw muscles to contract therefore toning them.

US Pat #4,195,833 to Svendsen describes a method of toning facial muscles by use of a weighted band around the head. The elastic band has fabric encased metal weights that are sewn onto it. This elastic band is placed inside a tubular structure such as a sock. The ends are sewn together to form a circular band. The elastic band is placed over the head with the metal weights over the facial muscles to be worked. The person then contracts facial muscles against resistance of metal disc sewn to the elastic band.

Some of these past developments focus on a particular part of the face (e.g. U.S. Pat. #4,195,833 to Svendsen; 4,280,696 to Roman; and 6,406,405 to Chu), others may apply to the entire face but lack the diversity of shapes and weights required for full facial development (e.g. U.S. Pat #4,823,778 to Ewing; 4,189,141 to Rooney).

It is a well known fact that if you want to tone or build muscle you need to work out those muscles you intend to build. To build your upper extremities would require the use of different types of weights. You may use 5 lb barbells to strengthen your wrists or forearms but bench press 60 lbs using free weights for your biceps. The diversity in type and mass of weights to be resisted against is quite different, and this is only for the upper extremities! The face is not all that different when it comes to muscle building. Even though facial muscles are close together, the weight difference required to build muscles around the eyes as opposed to those over the cheeks is significantly different. The shape of the weights used around the eyes should also be of a different conformation than that used, let's say, over the forehead or on the chin. I have designed six flexible weights in different shapes that range from 8 oz (227 gm) to 2.2 lbs (1 kg) that can be used for total facial muscle development, or facial building if you wish. The variable shapes allow weights to be used in specific areas of the face, for example, smaller shaped weights are used around the eyes while the larger ones over the cheeks. The variable fixed sizes (8 oz vs. 2.2 lbs) are advantageous in that you do not need to be adjusting the weight repeatedly with each exercise. Just take the smaller 8 oz weight to use over the eyes and switch to the 2.2 lb elongated weight to work the muscles of the forehead or the cheeks. The special design for use over the eyes, around the eyes, and over the nose bridge is another advantage of this invention. These facial weights are contoured, by addition of pleats, so that there is maximum contact between it and the intended muscle to be developed without the need for adhesives or Velcro.

The weights require no assembly. They are made of an exterior water resistant vinyl fabric, which make them easy to clean, and are weighted with steel beads. The steel beads are an excellent choice for use in weights because of its higher density, requiring less bulky weights and because of its ability to maintain a stable weight despite humidity as compared, for example, to sand. An instructional booklet with illustrations for weight positioning and an exercise routine accompanies the weights.

BACKGROUND OF INVENTION-OBJECT AND ADVANTAGES

Accordingly, besides the objects and advantages of the facial weights described in the above patent, several objects and advantages of the present invention are:

- (a) to provide a guided method for proper conditioning, toning, and development of the whole facial muscles in their entirety
- (b) to facilitate facial workouts by improving ease of use of facial weights
- (c) to provide exercise weights in variable sizes and shapes that will contour to facial features for maximum contact with facial muscles.
- (d) to provide facial weights that are easy to maintain clean
- (e) to provide facial weights that require no assembly
- (f) to provide a means by which an individual is able to workout at his own pace in the privacy of his home.
- (g) to bring public awareness that facial muscles can be toned and developed just as can any muscle in our bodies via advertisement of facial weights.
- (h) to encourage the public to start an exercise routine that includes facial toning and development.

The above are accomplished by means of using individual weighted material filled vinyl covered facial weights designed in varying sizes and shapes and applied over specific facial muscle groups to provide resistance against facial muscle contraction. Twenty facial exercises have been designed for the facial weights.

SUMMARY OF THE INVENTION

The present invention consists of weighted material filled, vinyl covered facial weights of varying sizes and shapes designed to be used directly over the facial muscles to provide resistance against the contracting muscle groups. The varying sizes, shapes, ease of use, and no need for adhesives or assembly offer an advantage in design over previously patented facial weights and apparatus. Weights vary from 8 oz (227gm) to 2.2 lbs (1 kg). They are designed for a complete facial workout.

Accompanying the facial weights is a booklet with illustrations of 20 exercises designed for total facial muscle toning and development.

BRIEF DESCRIPTION

Figure 1 is an exploded view of the elongated 1 kg (2.2 lbs) weight. This weight measures 24cm at its greatest length, 9cm at the widest part of each wing, and 5cm at the narrow mid-section. It has six pleats.

Figure 2 is an exploded view of the elongated 681gm (1.5 lbs.) This weight measures 23cm at its greatest length, 8 cm at the widest part of each wing, and 5cm at the narrow mid-section. It resembles figure 1 except that it has four pleats and its dimensions are smaller.

Figure 3 is an exploded view of the irregular shaped 766gm (1.8 lbs.) weight. This weight measures 14cm at its greatest length, 10cm at its widest part on the base, and 5.5cm at its widest part on the apex. It has two pleats

Figure 4 is an exploded view of the irregular shaped 454gm (1.0 lb.) weight. This weight measures 12cm at its greatest length, 8.5cm at its widest part on the base, and 5.25cm at its widest part on the apex. It resembles figure 3 except that it has one pleat and is slightly smaller.

Figure 5 is an exploded view of the Oculus 284gm (10 oz) weight. The oculus measures 12.0cm at its greatest length and 9.0cm at its widest width. It has a 5mm circular stitch at its center and has two pleats.

Figure 6 is an exploded view of the Oculus 227gm (8 oz) weight. This weight measure 12.0 cm at its greatest length and 9.0 cm at its widest width. It has a 10 mm circular stitch at its center and has one pleat.

Figures 7 – 12 are what the actual finished products look like.

Drawings – Reference Numerals

- 2a –f pleats
- 4 center straight stitch
- 6a-b the wing part of the weight
- 8 the neck part of the weight
- 10 straight stitch at ¼ inch from periphery
- 12 2.5cm opening
- 14a-b pleats
- 16 apex of weight
- 18 base of weight
- 20 curve
- 22a-b pleats
- 24 center stitch

DETAILED DESCRIPTION

Figures 1 and 7:

Figure 1 depicts two pieces of water-resistant material of identical size and shape. I used vinyl material for the covering. Each piece has six pleats (2a-f). First, stitch each pleat along the broken lines as shown in figure one. You will have formed six pleats on each piece of material. Next, place the two pieces of material with outside surfaces facing each other and match the pleats of one piece to the pleats of the opposite piece of material so that all pleats will line up with each other. Stitch the two pieces together ¼ inch from the periphery as shown by the broken lines (10) leaving a 2.5cm area without stitching (12). Turn the weight inside out through this opening. Use this opening to fill with a weighted material. I used 1 kg (2.2 lbs) of 4.5mm steel beads. When you fill the weight with 500gm (1.1 lbs) of weighted material, stitched the weight with a simple straight stitch (4) at the center as shown in figure 1. After this stitch, proceed to fill the other 500gm. This is a very important step because it will be directly related to good symmetrical development of facial muscles. Once you have filled the weight stitch the 2.5 cm opening closed using an outside straight seam.

Figure 7 is what the finished product actually looks like.

Figures 2 and 8:

Figure 2 depicts two pieces of water resistant material of identical size and shape. For this weight I also chose vinyl. Each piece has four pleats (2a-d) as shown in figure 2. First stitch each pleat along the broken lines as shown in figure 2. Place the two pieces of material together with outside surfaces facing each other and with pleats of one piece matching the pleats of the opposite piece. Stitch along the edge $\frac{1}{4}$ inch from periphery along the broken lines (10) as shown in figure 2 leaving a 2.5cm area (12) free of stitching. Turn the weight inside out through this 2.5cm opening. Fill weight with weighted material to 340.5gm (0.75 lbs), I again used 4.5mm steel beads. Stitch the center of the weight with a longitudinal outside simple straight stitch (4). Continue to fill the weight with another 340.5gm (0.75 lbs), of weighted material then stitch the 2.5cm opening with an outside straight stitch. The two center pleats allow for flexibility.

Figure 8 is a view of the finished product.

Figures 3 and 9:

Figure 3 depicts two pieces of water resistant material of identical size and shape. For this weight I used a simulated leather, softer in texture than the vinyl because this weight will be used for working muscles close to the eyes. Each piece of material has two pleats. First, stitch each pleat (14a-b) along the broken lines as shown in Figure 3. Next, with outside surface of pieces facing each other stitch $\frac{1}{4}$ inch along the periphery (10) as shown in Figure 3 leaving a 2.5cm area (12) open. Turn the weight inside out through this opening. Fill weight with 766gm (1.8 lbs) of weighted material. Stitch the 2.5cm opening with an outside straight stitch.

Figure 9 is a view of the finished product.

Figures 4 and 10:

Figure 4 shows two pieces of water resistant material of identical size and shape. I used a soft simulated leather. Each piece has one pleat (14a). First, stitch each pleat along the broken lines as shown in Figure 4. Next, place the two pieces of material together with outside surfaces of material facing each other and pleats matching. Stitch around the periphery along the broken

lines (10) as shown in Figure 4 leaving a 2.5 cm opening (12). Turn the weight inside out through this opening. Fill the weight with 454gm (1 lb) of a weighted material, such as steel beads. After filling the weight, stitch opening with an outside straight stitch.

Figure 10 is a view of what the finished weight looks like.

Figures 5 and 11:

Figure 5 depicts two pieces of water resistant material of identical size and shape. For this weight I used a simulated leather because this weight is designed to be used directly over the eye. Each piece of material has two pleats (22a-b). First, stitch each pleat along broken lines as depicted on Figure 5. Next, place the two pieces of material with outside surface facing each other and stitch around the periphery along the broken lines (10) as shown in Figure 5 leaving a 2.5cm opening (12). Turn the weight inside out through this opening. Double stitch a 5mm circle at center of weight (24). This is a crucial step because this stitch will keep the pressure off your eyeball. Fill weight with 284gm (10oz) of weighted material. Close opening using an outside straight stitch.

Figure 11 is a view of the finished product.

Figures 6 and 12:

Figure 6 depicts two pieces of water resistant material of identical size and shape. I used a simulated leather because this weight is designed to be used directly over the eye. Each piece of material has one pleat (22a). First stitch each pleat along the broken lines as depicted on Figure 6. Next place the two pieces of material with outside surface facing each other and stitch around the periphery along the broken lines (10) as shown in Figure 6, leaving a 2.5 cm opening. Turn the weight inside out through this opening. Double stitch a 10mm circle (24) at center of weight. Fill weight with 227gm (8 oz) of weighted material. Close opening using an outside straight stitch.

Figure 12 is a view of what the finished weight looks like.